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A N  
E S S A Y  
ON THE  
CAUSES and EFFECTS  
OF THE  
G O U T, &c.

[Price One Shilling.]

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A N  
E S S A Y  
ON THE  
CAUSES and EFFECTS  
OF THE  
G O U T;

Together with  
An Examination of the particular Methods of  
treating it: at the same time, offering, to the  
Inspection of the Public, a Preparation, full  
as Safe, as it is Efficacious.

To which are added,  
Some short Reflections upon Patents; the Abuses of  
that noble Privilege, and a Method proposed to re-  
medy them.

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By DAVID d'ESCHERNY, M. D.  
And Member of the Royal College of Physicians.

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L O N D O N,

Sold by R. GRIFFITHS, over-against *Somerset-House*,  
in the *Strand*; G. KEARSLY, at the *Golden-Lion*,  
*Ludgate-Street*; T. JAMES, at the *Royal-Exchange*,  
and J. JOLLIFFE, in *St. James's-Street*.

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# E S S A Y, &c.

ALTHO' my Intention, in publishing the following Papers, tends only to alleviate the Misery of those unhappy Persons, who labour under that cruel Distemper, the Gout; yet considering, what Number of Books have been wrote upon this Subject, and the Variety of Medicines proposed by Gentlemen of great Repute, and some of those much troubled with this Complaint themselves; I think myself obliged to make an Apology; especially as I am too sensible, that my Abilities are so inferior to theirs; and indeed many have been the Struggles, within my Breast, for some Years, before I came to the Resolution, to write on this difficult Subject. Nothing, therefore, but my Duty could prevail upon me; and the chief Reason for it was; I had it in my Power to offer to the Public a Remedy,

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entirely Harmless, and more likely than any other, I am acquainted with, to promote the salutary Discharge of the gouty Matter, thro' those Outlets, the most proper for it.

As I write chiefly for the Use of Patients, I shall, first, endeavour to shew the several Causes, productive of this Disease. Secondly, the Effects necessarily following therefrom, and Thirdly, examine the Nature of the different Remedies, and Regimen, hitherto proposed. In this Article, I hope, to be of great Service, by preventing every one, according to their particular Constitutions and Circumstances, from receiving any Prejudice from the Use of them, if they will follow my Advice; and shewing at the same time, what Benefit they may expect: and lastly propose the above Preparation, which has fully answered my Expectations in many Instances, and is free from the Inconveniences attributed to others.

### *Of the Causes of the Gout.*

It is remarkable, that most of those, troubled with the acquired Gout are Persons, who have enjoyed a strong Constitution, and generally we see them endowed with a good Capacity. These bountiful Presents, which an all kind Being has bestowed upon them, inclines them too much, I am afraid, to Excesses in several things, which must bring on the Distemper,

per, we are treating of. It is nevertheless true, that many have led the same Lives and yet have escaped it; which can be attributed to nothing else, but the greater, or lesser Strength of the nervous System; for as long as the animal Spirits perform their Functions well, nothing will remain in the Blood, or Nerves, but what is necessary to preserve the human Machine in such Order, as will enable it to exercise all the Secretions and Excretions duly. The Nerves, which serve for Nutrition, Sensation, Motion, and the Operations of the Mind, may be affected first, from the very Birth, according to the particular Constitution of the Parents, and perhaps this is the chief Source, from whence is derived most of all the Distempers we are troubled with, and for this Reason, the Causes of them are so difficult to be certainly known. Some are subject, by the Conformation of the Parts, to Diseases, to which others are not liable; such as Fevers, Consumptions, Quinsies, &c. we cannot account otherwise, why all those who commit Errors of the like Sort, in Regimen, and appear to be almost of the same Constitution, do not feel the Effects of such Conduct; for I do not believe, that one in twenty, suffers for his particular Behaviour, in what we attribute the Gout to; and yet we find that, except in hereditary ones, the poor tormented Patients always give us an

Account of what they believe has brought them, to the Situation they are in ; which may generally be reduced to the Abuse of the Non-naturals, as they are called, viz.

1st. THE AIR MOIST AND COLD, which prevents a due Perspiration, &c. 2d. MEAT AND DRINK. Persons, who have lived upon high seasoned, salted, and smoak dried Food ; Bacon especially, must be very liable to this Disease, and it is notorious, that gouty Stomachs require these extremely, and delight in such Wines, as are known to give a Fit of the Gout, almost as soon as drank, in a large Quantity, the chief of which are French. 3d. SLEEP AND WATCHING. The first, too much indulged, causes a great Relaxation, and consequently, prevents such Excretions, as are requisite to maintain the Body in a right Order ; the second, too long protracted, doth the same, by rendering the Fibres too rigid. 4th. MOTION AND REST. An Excess of the first dries and weakens the Nerves much, by consuming too great a Quantity of the animal Spirits : and Rest, like Sleep, doth not give such a Force to the Elasticity of the Arteries, as is necessary to Nutrition, and at the same time, to expel the excrementitious Particles, which, when retained, cause Obstructions in the smaller Series of the Vessels. 5th. RETENTION AND EXCRETION. When the Secretions are not rightly performed it will produce a

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Plethora and bad Habit of Body or Cachexy; for they must alter the Quality of the Blood, and render it either too thin, or too viscid in some particular Parts. And secondly, when the most subtle nervous Fluid, as in immoderate Venery, or profuse Sweat, is too much wasted, the Nerves are injured in every Respect, and especially, because they cannot be supplied, afterwards with a proper Recruit to maintain them in due Tension. 6thly. THE PASSIONS OF THE MIND. Thus Persons, who lead a studious, sedentary Life are often subject to this Complaint. Grief is equally detrimental, and principally prevents a regular Way of perspiring; for most of the Secretions are not performed, as they should be, and a Sufficiency of animal Spirits cannot be generated. This is only an imperfect Sketch of what is meant by the neglect of rightly ordering the Non-naturals.

Before I proceed further, it will be proper to acquaint the Reader, that the Matter, which causeth the Obstruction and Inflammation in the Place, where the Gout resides, is nothing else, as I apprehend, but Part of the perspirable Substance, that is retained, instead of being thrown out, by the continual Motion of the Heart; which propelleth successively the Fluids, not excluding

cluding the animal Spirits, from the Centre of the Body to the Circumference.

In order to know from whence this Matter proceeds, a Description of Nutrition will not, I hope, be unnecessary.

The Food, we take in, either solid or liquid, is thrown into the Stomach, where it remains, till by the Heat and Motion of this Organ, together with the Saliva, and a Fluid secreted in the Stomach, which are continually mixed with the Mass, till it is rendered sufficiently thin to go over the Pylorus, or lower Orifice of the Stomach (by means of its peristaltic Property) into the first Intestine, called Duodenum, where it undergoes another very considerable Alteration, by being intermingled with the Bile and pancreatic Juice; then it removes into the next Intestine, the Jejunum and Ilium, where are Numbers of Strainers, (the Mouths of the lacteal Veins) through which the thinnest Parts of the Aliments, now called Chyle, go into a Receptacle or Cistern, from whence it ascends, (after having been greatly diluted and rendered more fluid with Lymph all along) up the thoracic Duct, into the left subclavian Vein, and then being with the returning Blood entered into the Vena Cava, right Auricle and Ventricle of the Heart, is propelled

elled by the pulmonic Artery through the whole Substance of the Lungs, and then taken up by the pulmonary Vein, and comes into the left Ventricle, and is forced by the Aorta, or great Artery, into all the Parts of the human Body, to serve the Purposes of Secretion and Nutrition: after the Chyle, by many repeated Circulations, is intimately mixed with the Blood, a Liquor is separated from it, much of the Nature of the white of an Egg, which serves to repair the waste made by the continual Action of the Solids upon the Fluids reciprocally. Some Part of what goes into the Blood, is separated sooner or later in the Kidnies, and is excreted by the Name of Urine, and as long as this is rightly performed, no Stone or Gravel is, or can be concreted. But as much the greater Quantity of our Nourishment, is carried to the remotest Parts of the Body, it was necessary, that there should be Outlets, and excretory Vessels, to give Way for those Salts, &c. necessary to carry on the Business of Nutrition to be expelled (when once they became useless) after it is performed: This is done by Glands, called subticular, viz. situated under the Skin, which separate this Matter, and then it is received by excretory Ducts, Pipes, or what we call Pores. *Lewenhoeck*, with the Help of his Glasses, reckons, that there may be five hundred

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of these Channels in the Compass of one cuticular Scale, and that a Grain of Sand will cover one hundred and two thousand five hundred Orifices, through which we daily perspire. This proves how subtle this perspirable Matter is, and yet if any one, who licks his Hands, three or four Hours after washing it, a saline Taste will be plainly perceived. With proper means, a Person might be seen surrounded with a continual Smoke or Fog; more dense or otherwise, according to the time, from which we have taken our Food, the Quantity or Quality of it, and the Weather. *Winslow*, faith, that if a Man stands near a white Wall, and in the Sun, these Particles are seen ascending. This Fluid doth not come out from the whole Surface of the outward Skin only; but about half a Pound of it, in twenty-four Hours, is perceived arising from the Lungs, the external Membrane of which is replenished with Pores, and according to the most learned and Reverend Doctor *Hales*, in his Statical Essays, if the Organ of Respiration was extended in a Plane, the Space it might cover would be of very great Extent.

*Sanctorius*, in his Aphorisms, divides what is evacuated into eight Parts, and computes this Matter to be as five to three; but as he lived in a hotter Climate than ours, Perspiration

ration was consequently larger. Doctor *James Keil*, of *Northampton*, a judicious and curious Physician, has been at the Pains of making the same Experiments, at the Place where he resided, and weighing the Body, before taking in a fresh Supply of Food, in the Morning, and doing the same twenty-four Hours after ; he found, that five Ounces of the Fæces were commonly ejected in one Day, or twenty-four Hours ; two Pounds and almost six Ounces of Urine, and more than one and thirty Ounces are expended in one Day by Perspiration ; but in his Aphorism the 7th, he saith all these are varied according to the Difference of Temperament, Age, Meat and Drink, Sleep and Waking, Exercise and Rest, and the Seasons of the Year. It is not entirely in the outward Skin and Lungs, that these excretory Ducts are situated, but in all the inward Parts of the Body, which *Hippocrates* already knew. As all the several Organs of the human Fabric are to be nourished, it is necessary, that what remains after this Function is performed should be evacuated, as we see, in the Intestines, Membranes of the Muscles, &c. But although we call this Matter an excrementitious Humour ; yet it is of great Use, to preserve all the Parts supple, otherwise we could not move about, but the Skin would be like dried Leather.

The human System, therefore, is said to be in its greatest Degree of Perfection, when all the Functions are performed rightly ; that is, without feeling any uneasy Sensations ; and the Secretions and Excretions do not exceed or diminish in Quantity, and are of a due Quality.

I conclude then, that the Gout is intirely owing to an Obstruction of Perspiration, in the Parts it seizes first, and then, by increasing the Circulation of the Blood, prevents also a due Excretion of this perspirable Exhalation, all over the Body, and hence arises a symptomatical Fever : for in order to a right Performance of this salutary Discharge, it is requisite, that the Heart and Arteries should propel the Blood with a sufficient Force, and that the Velocity of this Motion be neither too quick, or too slow ; otherwise, what is separated from this Fluid, and discharged will be wrong. Hence we may see many Persons advanced in Years, much more inclined to this Disease. Those likewise, who load their Blood with luxurious Diet, which abounds (as I observed before) with those Salts that are thought to constitute the morbid Matter of the Gout will render it thereby more dense, and more apt to stop in those Parts, where the Motion of the Blood is slower. It is for this Reason,  
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that we see generally those Places attacked with it, the remotest from the Heart, where the Circulation is impeded by the Straitness of the Parts; such as for instance the Foot, the Wrist, the Elbow, Joints of the Fingers, or Toes, and not in those Places, that are the most relaxed, as their Muscles, but in the Skin or Membrane, round the Bone, which is extremely tender, and endued with an exquisite Degree of Sensibility. Likewise the Tendons, the Nerves of the same Limbs, the Ligaments undergo the same Fate; hence it is called Arthritis, or the Disease of the Joints.

I have pointed out already what tends to render the Blood too thick, to pass without causing Pain in those Places, where the Gout commonly appears first: but notwithstanding this Defect, a Person may have such Blood as this, and yet not be troubled with this Distemper, if some internal or external Causes do not produce the Effect. Thus we see that the first Fit of this Complaint proceeds entirely from one particular Debauch of drinking French Claret, or such Liquors, by which the Blood has been most suddenly and richly impregnated with those Salts, so often mentioned; at the same time, its Circulation being considerably encreased thereby. The common Method of using the hottest

Cordials, or prescribing the warmest Cardiacs, to produce a Paroxysm, or Fit, afford the like Effect, by accelerating the sluggish Fluid, from whence all others are separated. A great deal of Exercise will for this Reason also be attended with gouty Pain. Upon the same Principle, the sudden coming on of warm Weather, in the Spring, will occasion a Fit. But one of the greatest Causes of the Gout is the Air, it is owing to its frequent and quick Changes, as much as to the Diet and Regimen used here, that we reckon, there are more Persons subject to this Complaint, in England, than in other Regions, either hotter or colder. The perspirable Matter is much hindered from being evacuated as it should be in Autumn, as well as during the most part of the Winter. A particular Temperature of the Atmosphere, in certain Seasons, will affect all Asthritic subjects nearly alike. A Wrench, Strain, a Blow have oftentimes been the Parents of a beginning Fit of the Gout, where it was least suspected, for several good judges have been deceived by some of these accidents.

Most Authors have attributed the pro-catarctic, or remote Cause to a want of right Digestion in the Stomach; by which the Food is not properly assimilated. A Power  
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in this Organ to dissolve our Aliments, in a proper manner, is certainly requisite to form laudable Blood; but I suspect more the quantity and quality of what we take in, than a real Defect in this Bowel, or its juices. Beside, if the gouty Matter was intirely produced in the primæ viæ, or first Passages; whilst these are defective, a fit of the Gout hardly could cease; for the Matter must soon be accumulated, in the Mass of the Blood, to an immense quantity, supposing an Addition was made to it, at every Meal.

### *The Effects of the Gout.*

An obstructed Perspiration, indeed, is the Cause of almost all Distempers, incident to Mankind, and its Effects are very various, according to the Parts, where it is stopped; the quantity and malignant Quality it acquires by its Stagnation, as well as the suddenness and Degrees of the Obstruction. Thus, as the Age, Regimen and Constitution of a Person are, an universal one, causes Fevers of several Kinds. If it happens in the Head, an effusion of a thin, acrid, sharp, saline Lymph will fall upon many different Places, according to the Verses of the School of Salernum.

*Si fluat ad Pectus, dicitur Rheuma Catarrhus;*

*Si ad Fauces, Bronchus, si ad Nares esto Coryza.*

" If the Rheum descends to the Breast, it is called a Catarrh, about the wind-Pipe Sore Throat, or Quinsey; if down the Noftrils, a Distillation of the same Matter."

Those Defluxions produce, also, a numbness in the Nerves, the Palsy, Convulsions, a Tremor or Shaking; a Deafness and Swelling about the Ears; in the Eyes an Ophthalmia, or redness and pain attended with a Tumor, and Tears; and which sometimes causes Blindnes. Likewise are occasioned in the Uvula a Swelling, Relaxation and Ulcers; in the Throat an Angina; in the Breast a Pleurisy and Inflammation of the Lungs; Cough and Asthma, spitting of Blood, Consumption; in the Stomach vomitings and loss of Appetite. In the Intestines a Diarrhoea, or looseness, a Dysentery or bloody Flux. We see therefore of what mighty Consequence, it is, to a Physician, to understand, as he ought, thro' what particular Channels, this Matter is conducted and in what Constitution it happens, together with the best Methods, for preventing its

its bad Effects, and rendering the Parts less liable of receiving it afterwards.

According to the Description, I have made of this Fluid, it will be easily imagined; that it differs greatly in the Configuration and bigness of its Particles; and I take, what produces the Gout, to be the finest of all, and what is easily thrown upon, or is already residing in the Nerves. We must therefore look for it, where these mostly abound, and where a small quantity of Blood circulates.

What confirms in part this opinion is, that many have suffered excruciating Pains from the Gout, in the Stomach and Intestines, which has been the immediate Cause of their Death, and yet after a strict Inspection; nothing was found in these Bowels to which these Symptoms could be attributed.

It has already been mentioned, that it is from the Blood, that all the rest of the Humours are separated, thro' proper Glands, by means of the Arteries. Havers has discovered those, which secrete, in a wonderful Manner, a Mucilage of two different Qualities, that serves to lubricate the Joints and without which, they could not move; when Perspiration is stopped in those Parts

Parts spoken of before, it necessarily follows, that the Blood must be continually driven towards these Glands, and therefore very often, all of a sudden the Person feels a most exquisite tensive Pain, just as if a wooden wedge was drove between the Joints; when these Symptoms occur, then the Pain will seldom last above six Hours, and the Patient will begin to sleep: the greater the Torment proves, the sooner will the gouty Matter be discharged, and this may happen, just according to what the Constitution wants to get rid of: for the more the Blood is loaded with it, the longer will the whole fit last. There happens a derivation of perspirable substance from all Parts, to the first Seat of the gouty Disorder; for the Strength of Attraction is very great in those Particles. By the whole Fit, I mean the time, from which a Person begins to feel the above Pain, and that when he is entirely free from it. Every Paroxysm is composed of small ones, and thus we observe, that these begin towards night and grow slighter by next morning, just as the Degree of Perspiration is; and this depends very much upon the Atmosphere. I have heard many Gentlemen, subject to this Complaint, say that they knew, when in their Beds, what Point of the Compass the Wind was in, and found themselves easier, or more full  
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of Pain, just as the Air was Colder or Warmer, Lighter or Heavier.

Gouty Patients are commonly first attacked with this Disorder in one Foot; the second Fit, may perhaps seize the other, then if it should prove severe, it will probably remove to the Knees. Other subsequent Assaults will, in all likelihood, be upon the Hands and Elbows, which according to the frequency and violence of them do weaken the Parts, render the Glands, affording that soft Mucilage, to moisten them, hard. Often the Swelling or Tumor breaks, and a chalk like Matter comes out from the smallest Vessels, which are Nerves. These Stones being examined, are found to bear a great Resemblance to those, generated in the Kidneys and urinary Bladder. \*

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\* But perhaps some will be surprized, that I call the Nerves, Vessels; therefore it will not be improper to give here my Notions concerning them. The true Nature of the Nerves will always (it is to be feared) remain a Matter of Conjecture. What we certainly know of them is from their effects; thus we do not doubt, that they contain animal Spirits, nervous Fluid &c. Now every Part, which is replenished with something cannot be improperly called a Vessel. We are sensible that these Spirits are continually exhausting by the Weariness we feel after long Labour, either of Body, or Mind, or protracted Watchings. We find also that Sleep, Food and Medicines recruit this Fluid when

The great and acute Torments, Arthritic Subjects suffer, weaken the Nerves so much as to prevent them from performing any longer their Functions, in those places, especially, where the Pain has raged most, so that at last, the Morbific Matter throws itself upon the Lungs, Stomach, ascends to the Brain; and very often seizes all the Nerves by turn, or produces uneasy Sensations in different parts all at once, with an inconceivable quickness and which the poor Patient never gets rid of till Death, (often when he least expects it) sets him at Liberty from all his Misery. I have known many in this situation, who have assured me, that they

when deficient. As a far greater quantity of Blood doth ascend to the Brain, in proportion to what is carried to the other Parts of the Body; we cannot but think, by the Wonderful, Incomprehensible, Texture of the said Organ, that a most subtle secretion is performed in it, which serves to furnish the Nerves of the whole human Fabric with this absolutely necessary, exquisitly fine, Vapour, or Spirits; and if I may indulge my Fancy; I imagine, that the figure of the Nerves is perhaps like that of a Spunge, continually imbibing the Moistness from the Glands, which secrete it in the origin of the Nerves, and is perpetually supplying a new all parts as fast as it is required by muscular Motion, &c. The Ganglions, or knots of Nerves, serve also probably as Repositories for this Purpose. From hence the Nervous System may easily be affected by the bad Crasis of the Blood in general, or Obstructions in a particular Place, and likewise by external Causes, and the Passions of the Mind.

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had not been free from the Pain, more or less, some for 15, 20 and others even thirty Years.

When once the Disease is arrived at this Height, it observes no more Seasons, Places or equal Duration in the Fits, it changes like a Proteus, and appears in different Shapes, sometimes rendering the Person Asthmatic, or troubled with a violent Head-ache, or in appearance stupid: at other times a great Pain is felt in the Stomach, and now and then produces Signs not unlike the Stone or Rheumatism.

These Symptoms I attribute to the length of the Distemper; but it happens, too frequently, indeed, that all these Misfortunes are much accelerated, and perhaps, entirely owing to an unskilful and mischievous treatment of this Illness, which all the human skill can seldom rectify; for there is nothing causes greater harm, than to prevent a defluxion of the gouty substance upon those places, which nature designs, and it is done very often to allay, or hinder the greatness of the Torture, whereas every one troubled with this Complaint, should always remember, that the more intense the Pain is, provided the Inflammation doth not tend to Mortification, the least is the Danger and

the better will the Constitution unload itself of these unsalutary Particles : for if they are retained by an improper management, then they produce Distempers of all kinds almost; such as the Apoplexy, Palsey, Delirium; Drowsiness, Shakings or Tremors, Spasms, or Convulsions, and Cramps in the whole habit of the Body, especially in the Membranes of the Muscles; I have seen it cause a terrible Pleurisy with Convulsions.

Several Persons, by their Pores being opened, more than usual, in a fit of the Gout; and being obliged, at the same time to venture abroad in cold and rainy Weather, have sustained much Injury, because the Membranes, which secrete nourishment and from whence the Bones and marrow get their supply are locked up, and by this means the gouty Matter will be diverted from its usual Course and not only so, but even the Parts, Muscle, &c. which have been seized with the Disease at that particular time will grow, and appear afterwards petrified, & be almost as hard as Marble. I remember, amongst others, a Member of Parliament, to whom such an accident happened.

## Of the Cure.

After having gone thro' the Causes and Effects of the Gout, the chief busines, now, is to treat of the Remedies. But shall I, contrary to what is still repeated, in most modern Authors, who, after all their Searches, and Researches, continue to say, as the Poet formerly did? *tollere nodosam nescit Medicina podagram.* In one Sense, I do not differ from them, since it is to be feared, that it will always be impossible, to the most skilful, to restore the Constitution of a Person, subject to this Distemper, exactly to what it used to be, before its attack. All what I pretend to, is the promoting the Discharge of the morbific Particles, safely, quickly and wholly and by the same Means, to prevent their seizing the Head, Stomach, Intestines, or Lungs and to render, also the Paroxysms shorter, and the Intervals of ease extremely long.

The more difficult a Disease is to remove, the greater will the Pretensions of Empiricks be, to cure it; and what is the most grievous to a humane Mind, is to see Persons, troubled with the Gout, too credulous in trusting to Nostrums, or which is nearly the same, making use of Remedies, which they do

do not understand the Nature of, and so render their Lives a great deal more miserable, and often by these Proceedings, put an end to them. Happy indeed should I think myself, if I could, by what these Cautions will discover, prevent such dire Mischiefs for the future! The first hint I give them, is never to attempt any thing, in this Complaint, without the advice of a skilful Physician; who only can understand the particular Constitution of the Patient, what Medicines are most proper for it, and likewise the present situation the Arthritic Person is in just at that Period. A man must be very ignorant indeed, not to know, that what is good for one, is not fit for another and even at all times alike for the same Person. Prescriptions are to be varied prudently, for what is proper to be ordered, in the beginning of a Paroxysm, will become highly improper at the end of it.

I shall first treat of the Management necessary to be observed in a Fit, and secondly in the Intervals.

By what I have attributed the immediate cause of the Gout to, how it layeth in the finest Vessels of the Body, and consequently very remote from the Heart, it will be easily understood, that nothing can remove the

Obstruction but Remedies, which are able to reach the Seat of the Distemper ; and at the same time, we must perfectly know, what their Quality and Operation will be then. Hence we may without much Reflection perceive, that venesection will not be adequate to such a Purpose ; it may nevertheless help a little sometimes, by chance, and by way of Revulsion ; at others prove very detrimental. Some indeed have advised bleeding in the Foot, when the Head has been affected with the Gout ; but I have heard, and should believe, if I had not, that many have fell a Sacrifice to this method. When there is danger of a Mortification in the Legs, or Arms, owing to a Plethora, or too great fulness in the Vessels, by a large quantity of Blood, I would make no Scruple to open a Vein in a proper place : But this is of so delicate a nature, that none should venture to have it done, but those whose Province it is, I mean a Physician.

Neither doth purging upwards, or downwards avail, for altho' it may accidentally be of Service, as I have experienced myself ; where I have been forced to give such a Remedy ; yet I would not have ventured, had I not been sure, that this sort of Physic, being mixed with a good quantity of filings of Iron, would strengthen at the same time  
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the Bowels ; but it is very seldom such an Evacuation is necessary ; for on the contrary, Cathartics only disturb the Morbific Matter, and prevent it from being driven to the proper outlets adapted for its Excretion ; and by this means cause fatal Symptoms. The great Sydenham observes, that several quacks obtained very wrongfully the name of curing this Distemper, by administering purging Drugs, concealed under different names, and whose operations were hardly perceptible, or so gentle, as not to be adverted to, by the Person using them ; this Physic procured almost present ease to the Patients in their greatest Torments, and the Impostors were amply rewarded for doing mischief, because they paid dearly for the little Respite they enjoyed, by being a great deal worse soon, and many of them from thence forward, could never be free from the irregular Gout. There is at this very Time a Pattentee, who follows the Example of his Predecessors, and gets Dupes in abundance.

Some have imagined that promoting sweat could effect this salutary Evacuation ; but far from doing it, this Method has only weakened those, who have tried the Experiments, of which many Instances could be brought as Proofs, For instead of strengthening them against future Onsets of the Gout,

Gout, these Sudorifics have rendered the Pores, thro' which the Sweat is excreted, so tender as to be easily affected by the Influence of the Air ; from whence innumerable Misfortunes must follow. Many believe, that the *Materia perspirabilis* of Sanctorius and Sweat are the same, and so have thought, that by encouraging this last much, they have performed a very wholesome affair. I must therefore acquaint them with the difference there is, in Dr. Quincy's words in his Explanation of Aphorism the 21st. of the above Author.

" It is very necessary, saith he, to distinguish between Perspiration and sweat ; they differing so much from one another, that as one is useful and preserves Health, the other is always injurious and destructive of it ; unless when it is to give Relief from some greater evil, as a Fever or the like. Perspiration makes the Body lightsome and cheerful, but Sweat faint and dispirited ; and the more a Person Sweats, it is certain that so much the less he perspires ; because the latter depends upon a hardy and vigorous Constitution of the Solids, which the former is hurtful to and destroys. The Matter of them likewise differs ; and is very differently supplied ; that which insensibly perspires being such, as after a long course of Circu-

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Iation, in all the Shapes of animal Fluids, is divested of all, that can be of further Service to any Part of the Body and broke so very small, that it passes away without any Injury or Loss ; but the Matter of Sweat being of a thick Consistence, and supplied more immediately from the Blood, not only robs the Body of a great deal of its nourishment, but relaxes and supposes the Fibres so much, as to destroy in a great Measure their Elasticity, which necessarily weakens the Constitution and makes it liable to abundance of Disorders."

As many Arthritis have afforded to others ample Experience of the Mischiefs, arising from the use of the above Evacuations ; it seems now to be the general Method to say, that it is better to do nothing at all, and Patience with Flannel alone must be submitted to ; and truly, this way of treating the Disorder appears to be the most rational. If indeed the Person had Strength of Constitution sufficient to throw off the noxious Particles, that is, if he should be always young enough for the Heart and Arteries to beat with the like Strength : if the Parts were opened in the same Degree as at the first time of the Attack, probably he might succeed ; but those, who are acquainted with the History of this Complaint, will

will find that this, almost universal Custom, is far from answering the purpose intended, without other helps hitherto unknown. We see by experience, that it is very seldom a Fit promotes entirely the Discharge of the Morbific Matter ; but on the contrary a great deal of it is left behind, ready to raise a new Disturbance.

As I am not against keeping the Parts affected warm with Flannel (or rather Calicoe, which is not so promotive of Sweat.) I must here give an advice, very essential, to Patients subject to the Gout ; that is, to take care to be always as warmly clothed as they can bear and never leave these Garments off, tho' they should think them sometimes very troublesome.

Another way of affording Relief in a Fit of this Disease is, by outward Applications. Hippocrates advises cooling ones to the part, in which the Pain is seated ; and these are now used by several, in order to mitigate the excruciating Sensation ; but great Care is required here, least you repel the Matter and drive it, almost instantaneously to the noble Parts. I have ordered, with surprizing success, the Tumor to be anointed, once or twice a Day, near a good Fire, with a very small quantity of a green Ointment, made

with Hog's-lard and a warm Herb, and then to be well wrapped up.

Hot applications, in which are included Blisters. Are now used to draw the Morbific Matter down, especially towards the Feet, and they very often answer this Intention, but it requires such caution to deal with them, that no Body should attempt this, except those, who are intelligent in these Matters.

Hippocrates tells us, if a Pain is felt in the Finger to burn the Vein with Lint, a little above the prominence of the Joint; this Operation has been thought worth putting in Practice: there is now extant a Pamphlet of Sir William Temple, speaking of burning a particular sort of Cotton, called Moxa upon the affected Place; which induced many to try it, and I have been credibly informed, that some of those never had the Gout afterwards; but these Persons must have been afflicted with this Complaint, only from a bad Conformation or Weakness of that particular part. Valentini also mentions the Moxa for the same Purpose.

The Business of the Physician, as our Practice stands at present, and deserves Commendation from all judicious Persons, is by  
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suiting the Remedies to the violence or weakness of the Symptoms ; either to drive the gouty Matter to the extreme Parts, that is to prevent its seizing the noble Viscera or Bowels, or dislodge it, when it is there, & *bis labor, hoc Opus,* or when the Tumor and Inflammation are too great, to moderate them in a proper manner.

Having gone through the Method used in a Paroxysm, we must examine now, what Means are to be used in the Intervals of it. If no remains of the Distemper appear, the best way is to do nothing at all, only paying a due regard to the use of the Non-naturals, and not to attempt to be better than well, and if the Person subject to the Gout should fall into some Disorder ; than the prudent Physician is to direct every thing according to such a Constitution ; but there are those, who after having suffered for some Years are never free, more or less, from this Disease. Many Means have been proposed, and some of them not void of Danger. As the Cause of the Gout is much owing, as they thought to the Saline Particles (which have a great propensity of attracting one another) proceeding from a wrong Diet, they have resolved (as they call it) to live low, abstaining from animal Food, (except Milk,) either totally or in part, and from ferment-

fermented Liquors. Some of them have tolerably well succeeded, and indeed they deserve it; for great must be the struggles, at first, especially, of such, as are afraid of every thing set before them to eat or drink; but far the greater Number have rendered their Situation infinitely worse; for this Abstinence in robust Constitution, principally, weakens the whole Frame of the Body, and renders it unfit to expel the gouty Matter afterwards. I observed before, that Perspiration can not be duly carried on, when the Elasticity of the Heart and Arteries is not strong enough; and perhaps the Cause of the Gout, in these Subjects, is not owing to what they may suspect. Temperance in such Cases is sufficient, this banishes excess either in too much, or too little food. Persons eating moderately, at Dinner, of one Dish of plain Roast, or Boiled with some kind of Vegetables, using clear soft small Beer, two or three Months old, to dilute such Food; and if they can afford it a Glass or two of Wine, after Meal, will fare better, a great deal, than the rest, who do not observe these Rules. It is to be feared very few live in this manner; several indulging themselves too much in drinking, &c. whilst others render themselves perfect Slaves, or Martyrs to the contrary way.

A Milk Diet has been pursued even for Years. If a Person entring upon such a Course, could be sure to be exempted from other Complaints, that would oblige him to alter it; It is very probable, that he would not suffer a Fit of the Gout, whilst he persisted in it. There are two Indications of lessening the Cause of the Distemper, one by an attenuating Diet and Remedies; the other by Astringents, &c. Purging Waters of the number of which is that of Iron Pear-Tree, have been and are still a little in vogue; according to the particular Case, they may have procured a present Benefit. Thus I remember some Years ago, that a certain Nobleman was treated for the Gout in his Stomach with extreme hot Remedies, by which Means, he lost the use of his Limbs, his Lordship went to Bath, but met with no Success, when he came back, he sent for a Person, who is remarkable for his odd Method, and only considers, how he can afford present ease, without ever regarding the Consequences of his Proceedings; the above Waters and other like Remedies were prescribed by him. The Limbs were soon restored to Motion and indeed, if this had had no bad Effect otherwise, happy would it have been, but unfortunately it has happened, whether by drinking these purging Waters

Waters in too great a quantity, at a time, or using them too long, or taking them at all, that it has brought on Cramps and Spasms, in the Membranes of the Muscles, with excessive Pain, now and then, just as if this Nobleman was going to expire, and no Fit, (which is much wanted) has hardly appeared since. Another Gentleman, almost continually tormented from his Youth to the Age of about Forty, with an hereditary Gout, was persuaded to enter upon a Course of the Iron-Pear-Tree Water. For six Weeks, or two Months, he was surprised to find such a prodigious change for the better and thought himself cured, but alas ! Short was his Recovery, for after this, he suffered one of the longest and worst Fits, he ever had endured before. Dr. Quincy speaking of these Mineral Waters, saith, that a long use of them diminishes the Strength of the Pores, serving to Perspiration, and are very difficultly brought to their right use again.

The great and accurate Sydenham forbids purging to prevent a return of the Gout; for it will come again with greater violence afterwards, from which opinion, several have not dared to venture prescribing Physic, for fear of such threatned Consequence; not observing, I suppose, that  
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the Doctor did not mean to forbear Cathartics, when absolutely necessary in other Disorders; what he advised was only in regard to the cure of the Gout; and truly what can be more ridiculous than causing these Evacuations, as is the way of many, without evident Reasons for so doing, or upon every trifling occasion, not regarding Age or Constitution.

Doctor Cheyne, whose writings upon this Distemper shew a great deal of Candour and Learning, advises Sulphur taken in Milk and assures us of the constant good Effect, he had observed to result from it. With submission to so great an Authority, I cannot assent to this Remedy, especially, when long persisted in, and for Reasons already mentioned. The Success he met with very probably happened in excessively costive and particular Constitutions, and not to all in general; for my part, I have known some, who have taken this, and yet have had long and languishing Fits afterwards.

Diuretics have been likewise advised, among which is an Expression of Millepedes; when used properly to some Persons, they may be of Service; but by a frequent Repe-tition of them, those, who are acquainted

with the Structure of the Kidneys, &c. must know, that forcing Remedies destroy in process of time the Tone, or springiness of their Vessels, and lay a foundation for the Stone.

Astringents are recommended and have been tried to the great Detriment of the Adventurers, for those of hot or dried up Constitutions, troubled with the Gout, and whose Blood already circulates too quick, have found to their Cost, what it was to act without proper advice. Some of them having lost the Use of their Limbs by taking these Preparations: others got such Pain by the imprudent Administration of them, as no Art could remove, and which proved the immediate Cause of their Death.

A famous Composition can not be blamed in itself, but only its wrong Application; on the contrary, we can not sufficiently admire and applaud the Excellent and most Noble Propagator of it, who Sensible of the Benefit he had received himself, was very desirous that others should reap the same, and in many Instances, it has answered what could be expected from the Nature of such a Remedy; for to my knowledge, it has been of great Service to Gouty Persons, of a Cold, Lax and Phlegmatic habit of Body; altho' some

some of these have suffered by having a Stomach, that could not bear such a Preparation in Substance, and have tried it by way of Infusion.

Tar Water has been observed to produce regular Fits of the Gout, in those, who before had only slight moving Pains; while others, who have had regular Fits at first, have found them as well Multiplied, as Aggravated, by its Use; and when persisted in for a long time, it becomes habitual to the Constitution and has no Effect at all.

Of all the Preparations, used by way of prevention, in the intermediate Space of the Paroxysms; I know of none more likely to answer all the desired Purposes, than the Sugar of Milk, taken in a Dose adapted to the Case and persisted in for a sufficient time, together with a Regimen suitable to its nature, and which is very easy to be observed.\*

*Exercise*, if it was possible for every one to Use it properly, would bid fairer, than any other to prevent a Return of the Gout; our second Hippocrates the Illustrious Syden-

\* Vide my Dissertation on the Sugar of Milk, published in 1753.

ham assures us, that if any one could find out a Remedy endowed with the same salutary Effect, as Exercise must necessarily procure; and able to conceal it, the Inventor would make an immense Fortune. But how, few are there, who are willing or able to undergo such continual Fatigue ; and even in this, without great Care, bad Consequences may sometimes follow from a Person's exposing himself to get Cold ; whilst others have thought, that an Excess of it was necessary, in which they have found their Mistake.

In short we must Confess, that notwithstanding all the ingenious Writings upon the Subject, together with Indications of Cure, the Gout continues to make the same Havock, and many will affirm a great deal more, than it did heretofore; whether it is owing to a greater Excess of Luxurious living; altho it is hardly conceivable, since we read of continued Debauches, in every Respect, among the Romans in particular, especially in their Emperors time, not to be compared to those of these Times. Horace and Juvenal, beside many other Authors, witnessing what I say, and our Ancestors I believe, were not more Frugal than we are; or whether the Methods proposed have been found, upon Tryal, Ineffectual, or the Difficulty

ficulty there is of observing the Precepts, given by the above learned Writers, on the Gout, is hard to determine.

It is heartily to be wished, that all these Proceedings could have been sufficient; I should have saved myself a great deal of Trouble; for it is no less than about twenty Years ago, the Time in which I began to practice physic in London, since I have wished, and sought more arduously some Help, that might answer what, I imagined, was the likeliest to succeed in this Distemper; and I bless the Almighty, that at last viz about six Years since, I prepared for the first time a Powder, easy to be taken, its Operation almost always near Imperceptible, safe to the constitution, which may be as often repeated, as the Exigency of the Case requires, without the least Danger, and which never failed, where I thought it proper to prescribe it. Its Effect is to promote Perspiration, it being one of the most Subtil and Powerful Deobstruents; and gives ease, by lessening the Pain, about half an Hour after its being Swallowed. I pursued this Affair, notwithstanding the great Expence and no small Labour attending it; and thanks be to God, I am no looser by it. It will not be disputed I hope, that I could make a considerable Advantage by concealing the Method

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and Use of this Remedy; but notwithstanding this, I do not hesitate, to make a Discovery of it for the Use of the Public as freely, as if I was to receive a great Reward. The only Anxiety I am under is, that perhaps, many will undertake to prepare and sell it, who either thro' Ignorance, or Covetousness (two Qualities not very uncommon) may frustrate my good Intentions. Therefore I ardently wish, that this Remedy, as I may affirm it to be of immense Value, could draw the Attention of the Legislature so far, as to order such a Method for preventing the above Mischief, as in their great Wisdom shall be thought fit; offering myself when properly called upon, to contribute as much as layeth in my Power, towards securing the Blessing of Relief, which I intend by this Performance.

Was I to tell the World that this Preparation is sufficient entirely to cure the Gout, I should speak against my Conscience, and knowledge; for by advising this, I do not exclude all the usual Helps, that are necessarily to be called in by wise Physicians; and indeed the same may be said of all other Medicines, in the *Materia Medica*, accounted the most Infallible; which if administered by themselves and not rightly, will occasion

occasion a great deal of Misery to those, who are imposed on. How many Examples could we not bring in, as to the improper use of Mercury, the Bark, Opium, &c. In Proof of my Assertion.

It is to be hoped therefore, that by advising this Remedy, those, who shall place so much Confidence in what I write, as to make a Tryal of it, will find, that they do not suffer any consequent Weakness by a Fit of the Gout, but on the contrary, feel themselves Stronger and enjoy Life, as much as if they were not Subject to this terrible Disease. I dare venture to say, that any Person using this Specific from the very first of his being troubled with the gouty Disorder, and in every subsequent Paroxysm, will never be seized with the irregular Gout; provided they take this Powder, immediately as soon as they perceive its first advances, and repeat it, oftener, or less seldom, according (as was observed already) to the severity of the Fit, and continue it whilst it lasts.

The Welfare of Mankind and the Glory of God are the two grand Points, I have in View; and if I succeed in my Design, I shall think myself amply rewarded.

